Title: Cable Upright Rows

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs, Upper Back &amp; Lower Traps

Summary: <ol>

<li>Attach a straight bar to the low pulley on the cable station.</li>

<li>Stand facing the station with your feet shoulder width apart either side of the pulley.</li>

<li>Grip the bar with an overhand grip, with your hands shoulder width apart and arms fully extended.</li>

<li>Keep your shoulders back.</li>

<li>Raise the bar straight up in one smooth movement, until it is just below your chin.</li>

<li>Hold for a count of one while squeezing your biceps and forearms.</li>

<li>Slowly lower to the start position and repeat.</li>

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